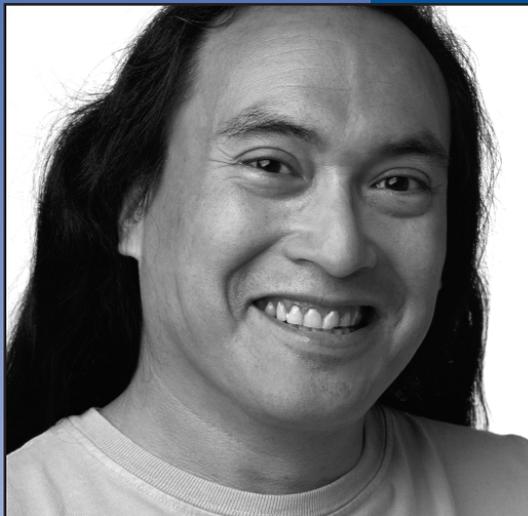


You Can Live:

Your Guide for Living with Kidney Failure



This booklet gives tips on:

- Treating kidney failure
- Making treatments better
- Living a healthier lifestyle

Dear Reader,

The Centers for Medicare & Medicaid Services (formerly the Health Care Financing Administration) is pleased to provide you with this booklet. As a health care payer, Medicare wants to make sure that you get good care and the information you need to make informed choices about the treatment of kidney failure. The information in this booklet was reviewed by doctors, nurses, and patients and is meant to assist new kidney failure patients as they began dialysis or prepared for transplantation.

If you are a kidney patient, it is important for you to learn as much as you can about your illness. If you are a family member or caregiver, learning about kidney disease and its treatment will help both you and the person with kidney failure. If you have questions, don't be afraid to ask your health care team for help.

Your local End Stage Renal Disease (ESRD) Network Organization can help you if you have a problem. Their phone number is on page 39. ESRD Networks help patients needing information and with resolving complaints. ESRD Network Organizations also work on improving the quality of care in dialysis facilities and keep your facility aware of important dialysis and transplant issues.

We hope this booklet will be helpful to you as you start dialysis or prepare for a transplant.

Best Regards,

Centers for Medicare & Medicaid Services



.medicare.gov
eb or call

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Living with Kidney Failure: You Are Not Alone

“Understanding kidney failure may lessen some of your fears and help you deal with the changes in your life.”

When your kidneys stop working, your life changes. At first, you may ask yourself: “Why me?” You may have fears about dying or treatment. Because kidney failure is a serious condition that must be treated for the rest of your life, it can be hard to accept. Understanding more about kidney failure may lessen some of your fears and help you deal with the changes in your life.

Learning about your treatment and how to take care of yourself puts you in charge. You can control things like following your treatment plan and diet and keeping a good outlook on life. Your health care team will help you manage your treatment. You can also look to your family and friends for support. **Remember that you are not alone.** Nearly 300,000 people live with kidney failure. There is hope and there are ways to rebuild your life.



What You May Be Feeling

Kidney failure means some changes in your life, but you can still do many of the things in life that you enjoy. Try to stay positive, and talk to someone who understands what you are going through, such as another person with kidney failure or a counselor. You can also set goals to:

- Stay active
- Do the things you did and enjoyed before kidney failure
- Return to work, school, or volunteering
- Pursue new interests
- Live as best you can

Learning to live with kidney failure can take time, so do not be discouraged. Talk with your loved ones about how you feel. Listen to what they have to say too. Some days you may feel like giving up or may be angry that your life is not the same as it was before. See your doctor or social worker right away if these feelings of sadness or anger do not go away, if you are using drugs or alcohol to cope, or if you have thoughts of taking your life. You do not have to deal with your feelings alone. Your loved ones, others with kidney failure, and your health care team can help. Dealing with your feelings will help you live a full life.



“Kidney failure means some changes in your life, but you can still do many of the things in life that you enjoy.”

Paying for Your Treatment or Transplant

“Your social worker can help you understand how to pay for dialysis treatment or transplant.”

Your social worker can help you understand how to pay for dialysis treatment or transplant. Ask about private, state, or local programs that help pay for prescriptions or medications. Your social worker can also explain your health insurance coverage. In addition to Medicare, you may have coverage through:

- Private Health Insurance
- Veterans Benefits
- State Medical Assistance (Medicaid)
- State Kidney Programs
- CHAMPUS (for active or retired from the military service)
- Railroad Retirement Board

For more information on Medicare, visit the Internet site, www.medicare.gov. You may also call 1-800-MEDICARE (1-800-633-4227) or TTY/TDD access at 1-877-486-2048. On the Internet or over the phone, you can get a copy of the booklet, “Medicare Coverage of Kidney Dialysis and Kidney Transplant Services.”

You can also contact Medicare to find your local office for the State Health Insurance Assistance Program (SHIP), where you can get one-on-one counseling on Medicare, Medicaid, and Medigap health insurance coverage. SHIP counselors can explain your Medicare bills and your Medicare rights. They can tell you how to deal with payment denials or appeals, how to choose a Medicare health plan, or how to buy Medigap, a supplemental insurance policy.

Treating Kidney Failure

“Kidney failure is also called End Stage Renal Disease or ESRD.”

When Kidneys Fail

Your kidneys are just below your rib cage in the middle of your back. They are twin organs shaped like kidney beans. Healthy kidneys work all day, everyday, to clean your blood and make urine that flows into your bladder. Kidneys make hormones that help control your blood pressure and help make red blood cells, which carry oxygen. They also help balance the level of many minerals and chemicals in your body.

Kidney failure occurs when kidneys cannot clean your blood or rid your body of extra fluid. When this happens, you feel sick. When your kidneys slowly stop working over time or slow down so that wastes are not filtered out, it is called Chronic Renal Failure (CRF). Many diseases can cause CRF. Some of the most common causes are diabetes and hypertension.

When kidneys stop working completely or when they cannot work well enough to keep you healthy without dialysis or a transplant, it is called End Stage Renal Disease (ESRD). When ESRD occurs, it must be treated for the rest of your life. You must have either dialysis or a kidney transplant to live.

Your Treatment Options

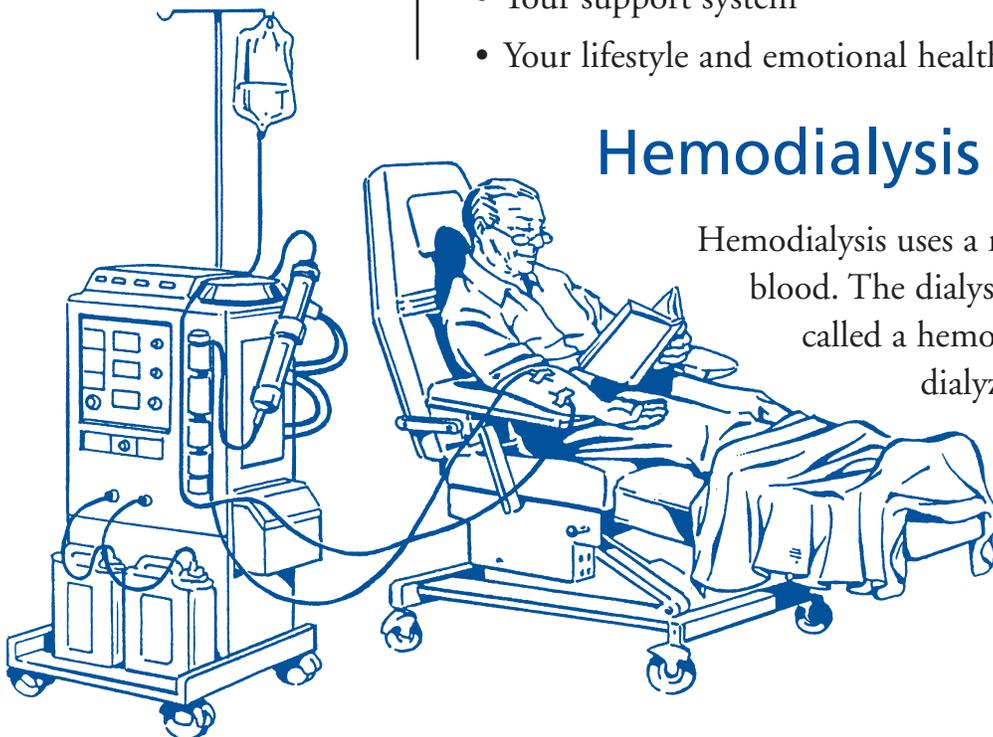
To treat kidney failure, you may go on dialysis or have a kidney transplant. Dialysis is a medical term that means to clean the blood by artificial means, like using an artificial kidney. There are two kinds of dialysis: hemodialysis and peritoneal dialysis. Each kind works well and can be done at your home or at a treatment center. A transplant is another treatment option that you should talk to your doctor about. With a transplant, you no longer need dialysis. A transplant is when you get a kidney from someone else, and the kidney is put into your body with surgery.

You may need to change the kind of treatment you receive for medical or other reasons, such as a change in where you work or live. To determine what type of treatment is best for you, your health care team needs to consider:

- Your type of kidney disease
- How far you live from a treatment center
- Your physical abilities
- Your support system
- Your lifestyle and emotional health

“Hemodialysis usually occurs three times a week for about four hours each time.”

In-Center Hemodialysis



Hemodialysis

Hemodialysis uses a machine to clean your blood. The dialysis machine has a filter called a hemodialyzer or dialyzer. The dialyzer works like an artificial kidney and removes the wastes and the extra fluid that builds up when your kidneys are not working.

Hemodialysis cannot do all the work your kidneys did. Healthy kidneys work all day, everyday. Hemodialysis usually occurs three times a week for about four hours each time. Your kidney doctor orders the length of your treatment like a prescription to meet your body's needs.

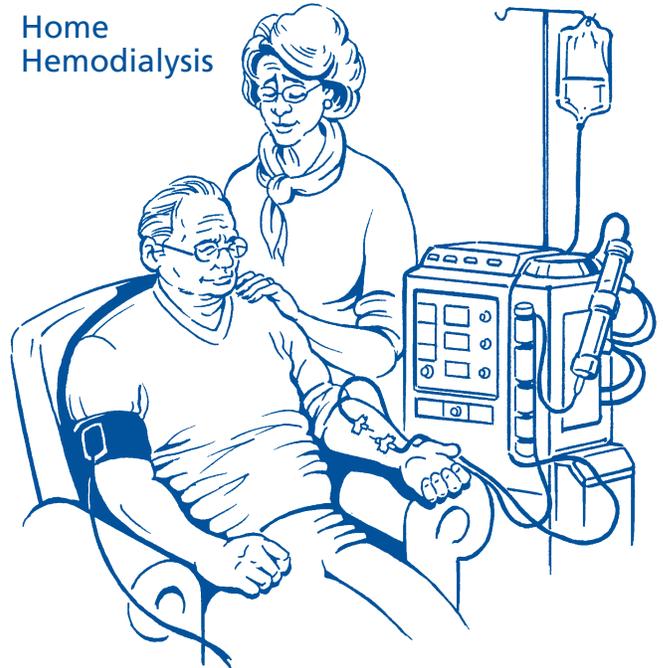
During a hemodialysis treatment, your blood is carried through plastic tubes to the dialyzer to be cleaned. Once your blood is cleaned, it is returned from the dialyzer to your body through another plastic tube. Only about one cup of blood travels through the dialysis machine at a time.

Hemodialysis can be done at an outpatient treatment center or in your home. For home hemodialysis, you and a family member or caregiver will need to be trained on how to safely do each step of the treatment. Equipment and supplies are sent to you if you dialyze at home. Not all centers offer home hemodialysis. Ask your kidney doctor if this is an option for you.

In a center, nurses and technicians with special training carry out the steps of your treatment. At the center, your dialyzer may or may not be re-used. Re-use is when the dialyzer is specially cleaned and tested after your treatment and kept for you to use at your next treatment.

For hemodialysis, you need a way for blood to be safely removed and returned to your body. Vessels are not strong enough or big enough to carry blood to and from the dialysis machine. To do this you need surgery to create a pathway called an access. An access can be in your arm, leg, chest or neck.

Home Hemodialysis



“For home hemodialysis, you and a family member or caregiver will need to be trained on how to safely do each step of the treatment.”

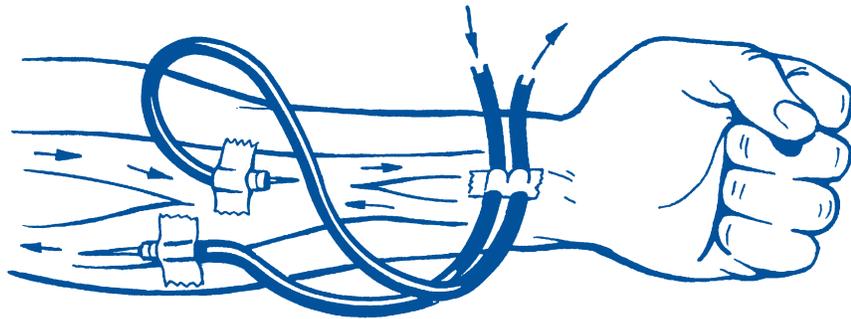
There are three kinds of access, Fistula, Graft and Catheter.

- Surgically connecting an artery and a vein to each other makes a fistula or arteriovenous fistula
- Surgically connecting an artery and vein with special tubing makes a graft or arteriovenous graft
- Inserting a soft, flexible tube called a catheter into a vein in the neck, chest, or groin to make a temporary access

You can get adequate hemodialysis with any kind of access.

Although medical studies show that a fistula gives the best results for hemodialysis, it may not be the right access for everyone.

Fistula Access Cross-Section



For each hemodialysis treatment, two needles are put into your access. Each needle is connected to a plastic tube. One line takes the blood with wastes out of your body. The other tube carries the clean blood back into your body.

The dialysis machine measures how quickly your blood moves through the tubing and how much water is being removed. Some machines measure your blood pressure too. In a center, the nurse and technician monitor your vital signs, the amount of fluid removed and machine settings during your treatment.

Care of your Hemodialysis Access

An access that works well will help keep you healthy. Members of your hemodialysis team will teach you how to take care of your access. When you wake every morning, check for a strong pulse and a buzzing or rushing feeling in your access. This is called a thrill and is a sign of good blood flow. Also check your access for early signs of infection. Signs can be redness, swelling, or feeling warm to the touch. If you see signs of infection, cannot feel your thrill, or have other problems with your access, call your kidney doctor and treatment center right away.

You can help keep your access working well. Keep your access clean and dry between treatments. Do not let anyone take your blood pressure, draw your blood, or put an IV into the arm or leg that has your access. Do not wear jewelry or tight clothes on, over, or above your access. If your access is in your arm, do not carry a bag or purse on that arm. Also avoid sleeping on the arm or leg where your access is. Try not to bump your access, and never cut it. Remember that your access is your lifeline.

**“Every morning,
check for a strong
pulse and a
buzzing feeling
in your access.”**

Hemodialysis Checklist

Before every hemodialysis treatment, you should:

- Wash your hands before going to your chair.
- If you have fistula or graft access, clean your access before going to your chair. If you have a catheter, keep the dressing clean and dry. Be sure a member of your health care team cleans and changes the dressing at each treatment.
- Tell the nurse or doctor if you have concerns about how you are feeling.
- Report any nausea, pain, vomiting, diarrhea, or constipation you have to your nurse.
- Check that your dialyzer has your name on it if your center re-uses dialyzers.

For every hemodialysis treatment, your nurse or technician should:

- Wash his or her hands and put on new gloves before putting in your needles.
- Ask how you have been feeling and eating.
- Check your access for good blood flow and early signs of infection.
- Program your machine to your kidney doctor's hemodialysis orders.
- Check for any cleaning fluid in the dialyzer.
- Take your weight, temperature, heart rate, and blood pressure. They should write them down on your treatment sheet or put them into a computer.
- Check your machine's alarms, which includes the temperature and conductivity. They should write the numbers down on your treatment sheet or put them into a computer.
- Check that the right size needles and correct heparin dose are set up for your treatment. (Heparin is a drug that keeps blood from clotting.)
- Check for the correct potassium concentration.
- Listen to the front and back of your chest with a stethoscope.
- Check your legs and feet for swelling.
- Write your treatment results on your treatment sheet or put them into a computer.

Questions to Ask your Hemodialysis Center Staff

- Does my treatment time affect when I should take my prescribed medicines?
- How should I plan what I eat around my treatment time?
- Do I have to get my treatment at the center that my doctor recommends?
- Does the center set times for treatment, or is it first come, first serve?
- Can I ask for a treatment time that works best for me?
- Are there staff who speak the same language as I do?
- Who reviews my monthly lab work with me?
- If the center re-uses dialyzers, how will I know the dialyzer is mine?
- How often does the doctor see people during treatment?
- What kind of patient education does the center offer?
- Does the center teach home dialysis?
- What are the times that the social worker or dietitian can see patients?
- Does the center have an exercise program or a place and equipment for exercise?
- What are the center's hours during a holiday?
- What things will I be billed for that are not covered by Medicare or my insurance?
- What are my transportation options for getting to and from the dialysis center?
- Can I have visitors during treatment?
- Will I have my own TV? Are there headphones to keep out noise?
- If I go on a trip or have to go to the hospital, will the center hold my treatment time for me? For how long?
- When was the last health and safety inspection or survey of the center?
Were there any problems, and have they been fixed?

“Your kidney doctor will tell you how many exchanges you should do each day.”

Peritoneal Dialysis

Peritoneal dialysis (PD) uses the space in your belly called the peritoneal cavity to clean your blood. PD does not use a dialyzer. This space is lined with a membrane called the peritoneum. It surrounds and protects your intestines, bowel, and other organs. The membrane has many tiny holes that can be used to filter waste out of your blood while keeping blood cells and proteins.

PD usually works all day, everyday. To have PD, you must have an access, which is a soft, flexible tube called a catheter surgically placed in your belly. The bottom part of the tube is put into the peritoneal cavity. The middle part of the tube runs under your skin. The top part stays outside of your body and can be taped against your skin.

A liquid called dialysate travels through the catheter and fills the empty space in your belly. This liquid stays in the space while waste products and extra fluid move from your blood through the membrane into the dialysate. The dialysate with the waste products and extra fluid is then drained out of your body. Next the space in your belly is refilled with the clean dialysate, and the cleaning process begins again. The process is called an exchange. Your kidney doctor will tell you how many exchanges you should do each day and how long the dialysate should stay in your belly for it to work.

There are two kinds of PD: Continuous Ambulatory Peritoneal Dialysis (CAPD) or Continuous Cycling Peritoneal Dialysis (CCPD), sometimes called Automated Peritoneal Dialysis (APD). You and your kidney doctor can talk about what kind of PD can work for you.

To determine what type of PD treatment is best for you, your kidney doctor needs to consider:

- Your body size
- Your lifestyle
- Your lab test results
- Your ability to do the steps in dialysis

CCPD is done at home with a machine called a cycler. The cycler connects to your access and works at night while you sleep. For eight to ten hours each night the machine fills your belly with clean dialysate and then it drains the used dialysate from your belly. In the morning, clean dialysate is put in your belly after you are unhooked from the cycler. You may do one or two more exchanges by hand during the day.

CAPD should be done in a place that is clean and well lit. Try to pick a place that is free from drafts or pets and where you can close the door. Before you start an exchange, be sure to wash your hands. A CAPD exchange lasts about 30 minutes and is done about every four to six hours during the day. Most people begin their exchanges in the morning and end their day with one before bedtime. Some people who do CAPD can also do an exchange during the night.

These are the steps in an exchange:

- 1) A closed bag of dialysate is attached to your access with plastic tubing.
- 2) The closed bag is hung above your head on a hook or pole.
- 3) A second bag sits on the floor.



“Do not skip exchanges or shorten your treatment.”

Continuous Cycling Peritoneal Dialysis (CCPD)

Continuous Ambulatory Peritoneal Dialysis (CAPD)



“Keeping your access clean is the key to preventing infection and staying healthy.”

- 4) The used dialysate from inside your belly flows into the bag on the floor.

When the bag on the floor is full, the tubing to this bag is clamped closed.

The tubing to the bag above your head is then opened.

The clean dialysate flows from the bag above your head into your belly.

- 8) When your belly is filled, you disconnect the bag tubing from your access tube and empty the used dialysate from the bag on the floor into the toilet.
- 9) The clean fluid stays in your belly for about four to six hours. During this time, you can go about your normal routine.

How you feel is not a good way to tell if you are getting enough dialysis to stay healthy. Do not skip CAPD exchanges or shorten your CCPD treatment. Doing so could be harmful to your health.

Care of your Access with Peritoneal Dialysis

Keeping your access (the PD catheter) clean is the key to preventing infection and staying healthy. If germs get into your belly, they can cause an infection called peritonitis. Peritonitis will make you sick with stomach pain, a fever, or cloudy fluid from your exchange. You will need to take antibiotics to treat the infection.

Any time you have peritonitis; your peritoneal membrane can become scarred. Scars can make it hard for the membrane to filter waste products from your blood. If your membrane has too many scars to work well, you may have to change to another kind of treatment.

To help stay healthy, keep your access clean and dry and keep the tube taped to your body. To help with this, taking a shower is better than taking a bath. A bath exposes your access to germs that have washed off your body. Also, you should not swim in lakes, rivers, ponds, pools, or spas because of the chance of getting an infection. If you want to swim, ask your kidney doctor about ways to swim in the ocean or in clean, chlorinated swimming pools.

Transplant

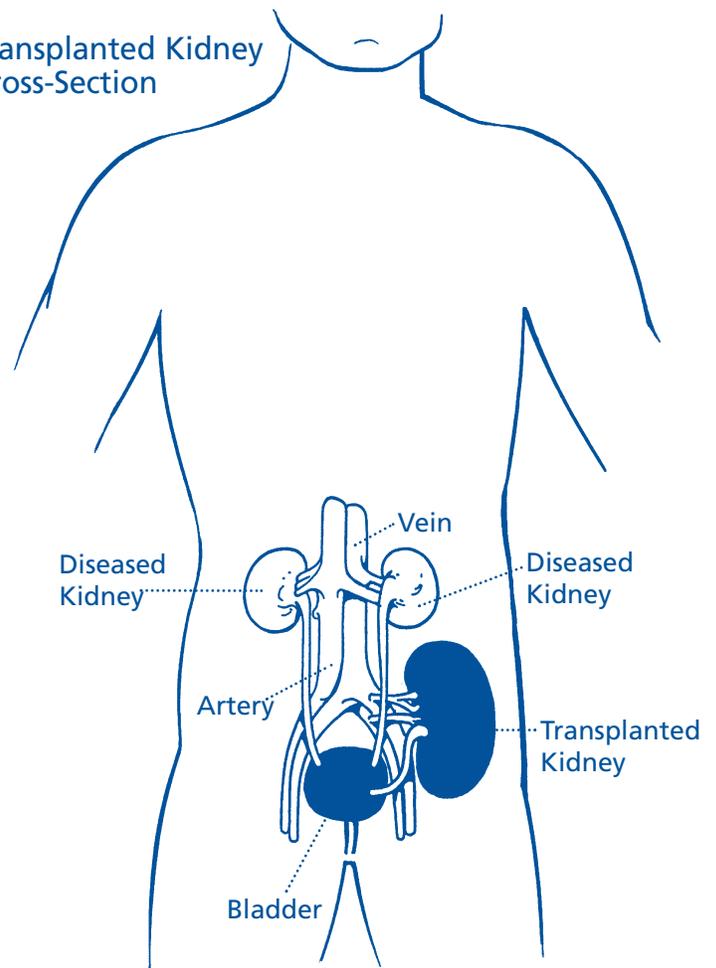
A transplant is when you get a kidney from another person. The person who gives you the kidney is called a donor. The donor's blood type and tissue must match yours. The new kidney is put into your body through surgery and is usually placed in the lower part of your belly (see diagram below). Your old kidney may or may not be taken out during surgery. The new kidney does the work that your old kidneys did.

With a transplant, you will always need to take special medicines. Some of these medicines are called anti-rejection medicines. They help your body accept the kidney. Early signs that your body may be rejecting the new kidney can be fever, tenderness at the new kidney site, and making less urine.

To have a kidney transplant, you must be diagnosed with End Stage Renal Disease (ESRD), and you may or may not have started dialysis.

“With a transplant, you will always need to take special medicines.”

Transplanted Kidney Cross-Section



“Because you are related to someone does not mean that your blood and tissue type will match.”

If you want to be considered for a transplant:

- Your health care team will check your health to find out if your body is ready for a transplant.
- Your doctor can refer you to a transplant center, or you can refer yourself.
- A health care team at a transplant center will check your health to see if a new kidney would work for you. You may have medical conditions or health problems that keep you from having a transplant.
- Your health care team will look at how well you keep to your dialysis schedule and if you take your medicine when you should.
- Your health care team will try to help you find a program that can help you pay for the anti-rejection medicines you will need to take after surgery.

Types of Transplants

There are three kinds of transplants:

- Living-related
- Living non-related
- Cadaver

A living-related donor is a family member who is related to you by blood and who agrees to give you one of his or her kidneys. This kind of donor could be a parent, brother, sister, or other blood relative. Blood and tissue type are always tested to see if there is a good match. Just because you are related to someone does not mean that your blood and tissue type will match.

A living non-related donor is a person who is not related to you, but whose blood and tissue type matches your own. A friend, spouse, or co-worker can be a donor and agree to give you a kidney.

Cadaver donors are people who have just died and whose families have given their organs for others to use. For this kind of transplant, you need to put your name on an official list with others who also need a kidney. Talk to your doctor, social worker, or nurse about what must be done to get your name on the list. When a kidney becomes available, you can always choose not have to have the transplant, but you will not have this choice unless your name is on the list. When a kidney that matches your blood and tissue type becomes available you and your doctor will be called and surgery will be done right away. Finding a kidney that is a good match may take a short time or several years.

The Choice to Stop Treatment

Just because there are treatment options does not mean you have to be treated. Some people choose to have no treatment or to stop treatment. This is a choice you can make, but understand that treatment is keeping you alive. When you withdraw from treatment, you put your life at risk. If you stop treatment completely, you will die. Your kidney doctor can give you more information about what happens when you stop treatment. This is a personal choice that may be hard to make. Talk with your family and your health care team if you want to stop treatment.

Advance Directives

If you were to have a life-threatening medical emergency, you may not be able to say what kind of treatment you would want. You have the right to choose ahead of time what you want done in case of such an emergency. An advance directive, sometimes called a “living will,” is a legal paper that says what you want done at that time. Your social worker can tell you about advance directives. Tell your kidney doctor and center if you have an advance directive. Make sure your doctor writes in your orders that you have one and that an original copy of it is in your files.

“You have the right to choose ahead of time what you want done in case of such an emergency.”

You and Your Health Care Team

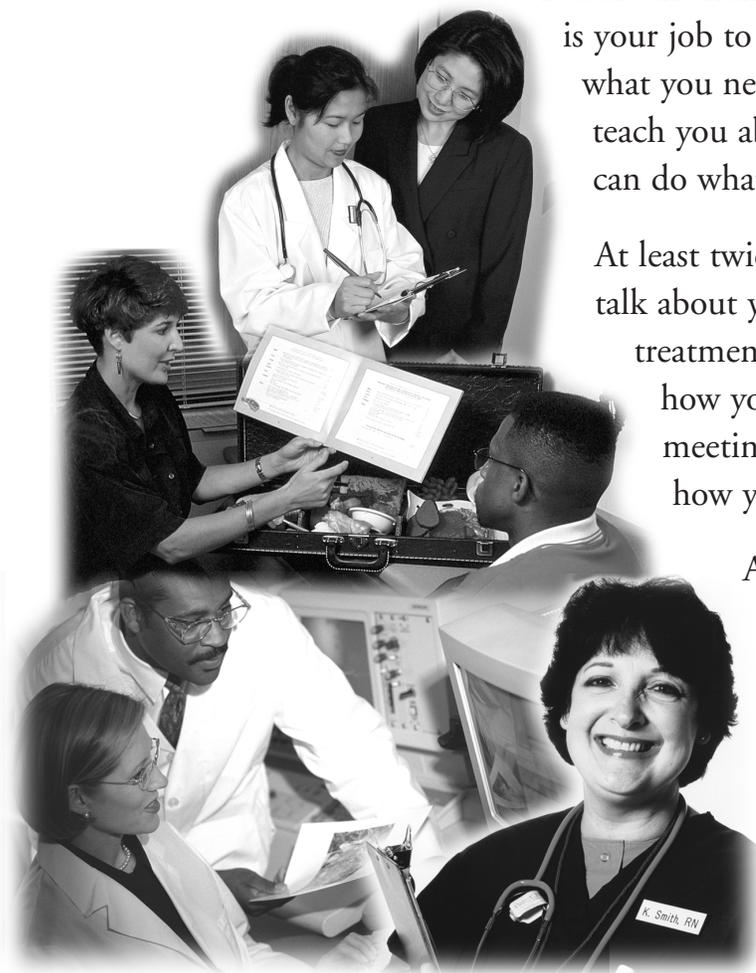
You and the people who care for you make up your health care team. Your family or caregiver, doctors, nurses, social workers, dietitians and technicians are all part of the team. Your health care team guides you in choosing and managing your treatment, understanding your insurance options, and planning your diet. Each person on the team plays a role in your care, especially you.

Your Role

You are the number one person on your health care team. It is your job to take care of your health and to tell the team what you need and how you are feeling. The team can teach you about your health and treatment, but only you can do what is needed to stay healthy.

At least twice a year, your health care team meets to talk about your current care and plan for your future treatment. Your health care team needs to listen to how you feel. You should always go to these meetings so you understand your treatment and how you can make it better.

Always feel free to ask questions. There are no dumb questions. If you do not understand an answer, let someone know. You can write down questions you have for your health care team in a notebook. When you go for treatment, take the notebook with you, and write down the answers.



Your Family or Caregiver

When kidney failure affects you, it affects your whole family. At first, your family or caregiver may feel helpless because they cannot change the fact that you have kidney failure. They may be angry because this has happened or fear that you may die. It helps for you and your family to talk about these feelings.

Treatment needs to become part of the family's daily routine. Your family or caregiver may do some things for you to help you follow your treatment plan, but they cannot do everything for you. Just as you need their support, they need yours. Understand your family's needs as well as your own.

Your family should also get checked for signs of kidney disease, especially if they have high blood pressure or diabetes. Kidney failure can run in families. If found early, there are ways to slow or prevent it. Your family members can check to see how well their kidneys are working with the following tests:

- Blood pressure check
- Blood tests for urea and creatinine
- Urine dipstick test for hematuria, microalbumin, and pyuria
- Calculated creatinine clearance

Your Kidney Doctor

Your kidney doctor has special training in treating people with kidney disease and is called a nephrologist (nef-RAHL-oh-jist). Your kidney doctor works with your family doctor to monitor your health. You can also ask your kidney doctor how to put your name on a transplant list.

Your Family Doctor

Your primary care or family doctor will still see you for check ups and for health problems. If any doctor other than your kidney doctor treats you for any health problem or gives you any new medicines, tell your kidney doctor right away.



“Treatment needs to become part of the family’s daily routine.”

“To protect your health, tell your kidney doctor before you make an appointment with your dentist.”



Your Dentist

Your dentist cares for your teeth. To protect your health, tell your kidney doctor before you make an appointment with your dentist.

Your Nurse

Nurses coordinate your care. They answer questions about your health, your treatment, and on how to manage your medicines. They can help teach you and your family how to stay healthy. You need to talk with your nurse often about how you are feeling. Nurses can also give dialysis treatments and oversee other staff who helps with dialysis treatments. Some nurses also train patients and family members to do home dialysis.

Your Social Worker

Your social worker can give one-on-one, family, or group counseling to help you cope with your kidney failure, life's stressors, and other issues. Social workers can help answer questions about your insurance, paying for care or medications, and getting to and from your treatments. They can also make referrals to community programs that can help with such things as getting proper foods. Your social worker can also help you find resources for job training or placement.

Your Dietitian

Your dietitian's role is to help you understand what kind of foods to eat and how much fluid to drink. This is important because when your kidneys stop working, what you eat or drink can help or hurt how you feel. Your dietitian can teach you how to pick foods that will help keep you healthy, even when you eat out. Your dietitian may also help you understand how your blood test results are affected by your diet.

Your Technician

Most treatment centers have technicians who help care for you. When supervised by nurses, technicians can start and stop your dialysis treatment. They also watch your vital signs during treatment.

Tips for Making Treatment Better

Dialysis or a transplant can affect your whole body and how you feel. This section talks about the things you can do to help yourself feel better and to keep your body healthy. To keep your life on track, you need to take charge of your health.

Changes in Mental Health

Life can be stressful, whether or not you have kidney failure. Kidney failure brings a lot of changes in your life. Sometimes these changes can be managed and become part of daily life, and sometimes you may need help dealing with these changes. You can talk with your social worker about ways to help you and your family adjust. Your social worker can also tell you where to get counseling if you need it.

Everyone adjusts to having kidney failure in different ways. If you notice that you often feel uneasy, fearful, tired, irritable, or nervous, it could be due to anxiety. Other signs of anxiety are a fast heartbeat, heavy sweating, or an upset stomach. If you are sick, you may have these same symptoms. It is important that you talk to your doctor as soon as you can if you are feeling this way, so that you can get the help you need.

Mood changes are common in people with kidney failure for a few reasons. Stress can affect a person's mood. Some medicines can cause mood swings. Also uremia (the build up of waste products in the blood) can irritate the body's nervous system and cause mood changes.

“Dialysis or transplant can affect your whole body and how you feel.”





“You can talk with your social worker about ways to help you adjust.”

Tell your doctor right away if you cannot, or do not, want to eat, have trouble sleeping, have repeated angry outbursts, or lose interest in daily living or in sex. These may be signs of depression. Other signs are feeling sad or angry all the time, using drugs or alcohol to cope, or having thoughts of taking your life. Remember, do not wait to tell your doctor if this is how you are feeling.

Physical Changes

With kidney failure you may see changes in your body. Sometimes your skin may become darker, paler or a little yellow looking. Skin may become dry and flaky. Darker skin may look ashy. It helps to wash and moisturize your skin daily.

The taste in your mouth and smell of your breath may change. This is from the build up of waste products in the body that used to be removed by your kidneys. Following your treatment plan helps remove the waste products that cause this condition. It can also help to gently brush your teeth, gums, and tongue a few times a day.

Changes in Sexual Desire

For both men and women, it is very common that desire for sex may change, as they adjust both physically and emotionally to kidney failure. Men may be unable to have or maintain an erection. Women may be unable to have sexual arousal. This may be due to certain medicines, anemia, or built up wastes in the blood. If you have concerns about these problems, talk to your doctor, nurse, or social worker. You may feel uncomfortable talking about your sex life, but your health care team cannot help you if they do not know something is wrong.

Talk with Your Doctors

Before you see your doctor, write down any questions you have. Bring these questions with you to your visit so you can ask your doctor and get answers that you understand.

- On a regular basis, talk with your kidney doctor on how your treatment is going and if changes to your treatment plan are needed.
- Every six months, discuss your treatment plans with your kidney doctor and health care team.
- See your family doctor for routine check ups.
- Tell your kidney doctor before you make an appointment with your dentist.
- Take a copy of your health records to any doctor you see. Keep all of your doctors informed about your treatment and changes in your health.

Take Your Medicine as Prescribed

Medicine is an important part of your treatment. You need to take the medications that all your doctors prescribe. But first, tell your kidney doctor before taking any medicine another doctor prescribes for you. You may need to take medication to:

- Help your body make red blood cells
- Control your blood pressure
- Replace vitamins and minerals lost during dialysis or from diet restrictions
- Keep your bones strong
- Get rid of phosphorus that builds up when your kidneys are not working
- Replace hormones that your kidneys used to make
- Treat an infection or other illness you may have

“Tell your kidney doctor before taking any medicine another doctor prescribes for you.”





**“Write down
all your
medications
and keep this list
with you
at all times.”**

Ask your kidney doctor when, how often, and how best to take your medications. Some medicine should be taken with a meal and some should be taken when your stomach is empty. Also, ask your kidney doctor if you are not sure how much water you should drink when you take your medicines. If you do not want to take a certain medicine, tell your kidney doctor.

Ask your doctor about any side effects and what you should do if you have them. You can also ask your pharmacist these questions. If you can, try to fill your prescriptions at the same place each time. This way your pharmacist can get to know you and the medications you take.

Know the names of your medications, why you are taking them, the dosage, and when and how to take them. Write down all your medications, and keep this list with you at all times. If a prescription has passed its expiration date, throw it away. Also, never give your medicine to anyone else.

Beware of Over-the-Counter Medicines and Other Remedies

Some people with kidney failure hope to feel better by taking over-the-counter medicines or using home remedies. Some of these medicines or remedies can make you very sick or even kill you. Tell your health care team about all medicines and remedies that you are taking, even vitamins or other supplements. Ask your kidney doctor before taking any medicine or herbal remedy that he or she did not give you.

Medicines to Avoid:

- Baking soda or remedies for heartburn or acid indigestion that bubble. They are high in sodium.
- Antacids with aluminum or magnesium. Aluminum and magnesium can build up in your body and cause problems in your brain.
- Aspirin, unless your kidney doctor tells you to take it. Aspirin can keep your blood from clotting and may cause bleeding.
- Enemas and laxatives because you can become dehydrated or lose needed minerals.
- Vitamins (unless prescribed), food supplements, or salt substitutes. These may be high in potassium or magnesium.
- Any “cure all” remedies, herbs, or over-the-counter medicines that your kidney doctor has not told you are okay.

Talk to your Kidney Doctor Before Starting “Alternative” Treatments

Alternative medicine is a treatment that is used with, or instead of, traditional care. Common treatments are acupuncture, herbal remedies, chiropractic therapy, and mind-body techniques, among others. Mind-body techniques can be visualization or breathing exercises.

While some people may be helped by alternative treatments, there may be harmful side effects for people with kidney failure. Ask your kidney doctor before starting any alternative treatments. Tell your health care team about any of these kinds of treatments you may be using now.

“Ask your kidney doctor before starting any alternative treatments.”

“You can get a free pneumonia shot as well as a flu shot once a year if you go to a doctor that accepts Medicare.”

Get Vaccinations to Help Stay Healthy

If you are on dialysis or have a transplant, your body may have trouble fighting off infections and diseases. You need extra protection from the flu, pneumonia, and Hepatitis B. Getting vaccinated can help you avoid getting sick or going to the hospital. Vaccinations may even save your life.

You can get a free pneumonia shot, as well as yearly flu shots if you go to a doctor that accepts Medicare. For a Hepatitis B shot, Medicare pays 80 percent of reasonable cost, and you or your other insurance company pays the other 20 percent. Often vaccinations are given at the treatment center.

Track Your Dialysis Treatment Progress

As part of your dialysis treatment, you may have lab tests once a month or more often to track your progress. If you know what these tests measure and what your treatment goals are, you will be able to take better care of yourself. Your dietitian can give you tips on how to meet some of your goals by having a proper diet. Recommended lab tests measure: serum creatinine, blood urea nitrogen (BUN), URR, albumin, hematocrit, hemoglobin, TSAT and serum ferritin, parathyroid hormone (PTH), calcium, phosphorus, and potassium. Your Kt/V, blood pressure and weight are also recorded to track your treatment progress.

Blood Urea Nitrogen (BUN)

Urea nitrogen is a waste product in your blood that comes from the breakdown of proteins from the food you eat and from your body's stored protein. Healthy kidneys remove BUN from blood. With kidney failure, your dialysis treatments remove the BUN from your blood. Your BUN level can go up if you do not get enough dialysis or eat too much protein.

URR

URR stands for “Urea Reduction Ratio.” This test measures how much urea was removed from your blood during hemodialysis. Urea is a waste product that builds up in your body when your kidneys stop working. Your blood is tested before and after treatment to see how much cleaner the blood is. URR is shown as a percent. A URR of at least 65 percent shows that your dialysis was okay or adequate.

Kt/V

Kt/V (pronounced “kay tee over vee”) is another measure of how well your dialysis treatment is working. Kt/V applies to people on both hemodialysis and peritoneal dialysis. Kt/V of at least 1.2 is the minimum number you can have for your hemodialysis to be okay or adequate. Adequate dialysis for peritoneal dialysis is a Kt/V of at least 2.1.

To help reach your target Kt/V or URR, do not miss any treatments. Be on time for your treatment and stay on the dialysis machine for the full time that your kidney doctor sets for you. If you reach your target, do not shorten your dialysis time. Only your kidney doctor can change the amount of time you have dialysis.

Serum Creatinine

Creatinine is a waste product in your blood that comes from the normal function of your muscles. Healthy kidneys remove creatinine from blood. With kidney failure, your dialysis treatments remove the creatinine from your blood. Your creatinine level can go up if you do not get enough dialysis.

Albumin

Albumin is a type of body protein made from the foods you eat. Your albumin level may be low if you do not eat enough protein and calories. This may lead to health problems like your body having trouble fighting infections.



“Your dietitian can give you tips on how to meet some of your goals by having a proper diet.”

“To keep the right amount of calcium in your bones, your kidney doctor may recommend taking calcium supplements.”

Hematocrit

Your hematocrit measures the red blood cells that your body makes. A low hematocrit (or low number of red blood cells) may mean you have anemia. Anemia will make you feel tired. To treat anemia, you may need to take extra iron and a hormone called EPO. You will feel less tired and have more energy when your hematocrit reaches about 33 to 36 percent.

Hemoglobin

Hemoglobin lets red blood cells carry oxygen to all the cells in your body. Your hemoglobin level is another way to tell if you have anemia. Your hemoglobin level should be at least 11 to 12.

TSAT and Serum Ferritin

TSAT means transferrin saturation. Both TSAT (active iron) and serum ferritin (stored iron) are tests that measure the iron in your body. Iron is needed to make red blood cells. Your TSAT should be at least 20 percent and not more than 50 percent. Your serum ferritin should be at least 100 and not more than 800. You may need extra iron to reach your target range.

Parathyroid Hormone (PTH)

A poor balance of calcium and phosphorus in your body can lead to high levels of parathyroid hormone (PTH). This can cause bone disease. Ask your doctor and dietitian how your calcium and phosphorus levels can be kept in balance so your PTH level does not get too high.

Calcium

Calcium helps make strong bones and teeth. Low blood calcium can cause muscle spasms. Calcium is also needed for blood clotting. To keep the right amount of calcium in your bones, your kidney doctor may recommend taking calcium supplements.

Phosphorus

Phosphorus is found in most foods. A high phosphorus level can lead to weak bones and can make your skin itch. Taking a phosphate binder helps control the amount of phosphorus in your blood between dialysis treatments. It acts like a sponge to soak up, or bind, phosphorus while it is in the stomach. When it is bound, phosphorus does not get into the blood and is passed out of the body in the stool. Follow your diet and take your phosphate binders with all meals and snacks.

Potassium

Too high or too low a level of potassium in your blood can lead to heart problems and even a heart attack. Follow your diet as to how much food with potassium you should eat. Ask your dietitian about which foods are high or low in potassium.

Blood Pressure

Ask your doctor what your blood pressure should be. List your average pre- and post-dialysis blood pressure each month. If your blood pressure is high, it helps to take the blood pressure medicine that your kidney doctor has told you to take. Following your fluid intake plan and cutting down on salt in your diet will help too. If your doctor tells you that you are overweight, losing weight with exercise will also help lower your blood pressure.

Target Weight or Dry Weight

Your target weight is what your kidney doctor thinks your weight would be if you did not have kidney failure. Your target weight is when your body has the right amount of water – not too much and not too little. Because your kidneys have stopped working most of the fluids you drink will stay in your body. When your body holds fluid, you gain weight. If you are losing weight without even trying, talk to your dietitian to make sure you are eating right to stay healthy. With hemodialysis, you are weighed before and after each treatment to see how close you are to your target weight. If you are on PD, you need to weigh yourself each day.

“If your doctor tells you that you are overweight, losing weight with exercise will also help lower your blood pressure.”

**“Do not
drink more fluid
or eat more salt
than you can have
in your diet.”**

Average Daily Weight Gain

Too much fluid weight gain between treatments can cause swelling, a weakened heart muscle, shortness of breath, or high blood pressure. It can also make your dialysis treatment uncomfortable. Follow your fluid and salt intake closely. Do not drink more fluid or eat more salt than you can have in your diet. Otherwise, you may gain too much fluid weight between dialysis treatments.

Tips for Living with Kidney Failure

“Planning meals around your treatment times helps make the treatments work better.”

Follow your Diet and Fluid Intake Plan

When you eat or drink anything, your body uses what it needs for fuel. But the body cannot use all that you eat or drink. When your kidneys were working, they cleaned the body of many waste products. Now that your kidneys do not work, waste products stay and build up in your body. Treatment helps rid your body of these wastes, but it cannot clean your body of all of them. That is why following your diet and fluid intake plan as close as possible is so important.

Your dietitian can teach you how to plan your diet and pick healthy foods, even when you are eating out. You can also ask your dietitian if he or she can help you change your favorite recipes to fit your diet needs. Eating and drinking what your dietitian suggests, not only helps you feel better, it makes your treatments more comfortable. Planning meals around your treatment times helps make the treatments work better. If you need help getting the proper foods, ask your social worker about programs in your community.



“Avoid foods with lots of water like gelatin and soup or frozen foods, such as ice cream, sherbet, or even ice cubes.”

Avoid Salt

Sodium from salt or salty foods can make your body swell up. Salty foods can also make you thirsty, which makes it hard to keep from drinking too much fluid.

There are a few easy things you can do to limit the salt in your diet. Try to use unsalted seasonings, herbs or spices when you prepare food. Buy meat that is fresh, not meat that is smoked or cured as it has more salt.

Stay away from fast foods, pickled foods, canned meats, canned soups, condiments, chips, and crackers. These kinds of foods have a lot of salt. If you eat out, ask that your food be made without salt.

Limit Fluids

To avoid fluid weight gain, many people are told to limit how much water or fluid they drink. Even though you are careful, you may still have trouble with weight gain. Also, some foods are mostly water and add to weight gain. Avoid foods with lots of water like gelatin, watermelon, soup, gravy, or frozen foods, such as popsicles, ice cream, sherbet, or even ice cubes. Talk to your dietitian about what to eat or drink to help you meet your needs. Your dietitian can tell you what your fluid intake should be. Below are some examples of fluid measurements.

Fluid Measurements

(1 cup)  = 8 fluid ounces

(4 cups)  =  1 quart (32 fluid ounces)

Make an Exercise Plan

Exercise is one of the best things you can do for yourself. It can help make you feel better and can:

- Give you more energy
- Make your muscles stronger
- Make your joints more flexible
- Help control your blood pressure
- Lower your chance of a heart attack
- Help you fight depression
- Make it easier to do the things you do every day

Talk to your health care team before you start any exercise program. Your health care team will know you are ready when:

- You are getting enough dialysis
- You have stable blood pressure
- You are free from infections or other illnesses that need care
- You are following your diet closely
- You are taking the medications prescribed by your doctor
- You have stable glucose control, if you have diabetes

Your health care team can help you make an exercise plan. You will be more likely to stick to your plan if you set realistic goals, keep track of how often you exercise, and reward yourself when you do well. Being on dialysis may make you feel tired and not up to exercising. Even so, try to stay active. Try to find something that you like to do.



“Exercise is one of the best things you can do for yourself. It can help make you feel better.”

“You may need to talk about how to balance work with your dialysis or transplant center schedule.”



Doing any exercise comes with some risks, so exercise safely. Do not try to do more than your body will let you. Avoid exercise if you have a fever, missed a dialysis treatment, or have a new illness that has not been treated.

Stop exercising and call your health care team if you feel tired or have:

- Shortness of breath
- Chest pains or pressure
- Irregular heartbeats
- Nausea
- Leg cramps
- Dizziness or feel lightheaded
- Pain or pressure in your neck or jaw
- Blurry vision

Going Back to Work

If you go back to work, Medicare still pays for dialysis or transplant services. In time, many people with kidney failure return to school or work or even start new jobs. Talk to your social worker about work options or about how to get training in new skills.

Whether you keep the same job or find a new one, you may need to talk to your boss about changing the amount of hours or days you work based on how well you feel. You may also need to talk about how to balance work with your dialysis or transplant center schedule.

According to the Family and Medical Leave Act (FMLA), if you cannot do your job for a period of time because of kidney failure, you can take up to 12 weeks of unpaid leave. This law also says if a family member (husband, wife, parent, or child) needs to take care of a person who has a serious health condition, such as kidney failure, he or she may also be able to take unpaid leave.

Plan Ahead for Travel

Kidney failure does not mean you have to give up traveling. You can still get the care and treatment you need while you are away, but you need to plan at least one month in advance, if not longer. If you are going to a popular place for a vacation, you may want to plan as far as three months ahead. Your transient coordinator (social worker) can help you arrange your travel plans with a center near your destination. Your social worker will send your health and treatment information to the new center. Before you travel, find out from your transient coordinator:

- If the center is Medicare-approved and has the space and time to treat you
- How much treatment costs, if there are any other fees, when payment is due, and what payment options does the center accepts
- Where the center is located

If you are on PD, call your supplier to arrange for your supplies to be sent ahead of time to your destination. By doing so you will not have to carry extra suitcases with your supplies. Just in case, you may want to take with you one or two extra dialysate bags and needed supplies. People who use a cyclor for CCPD can also have the machine delivered to where they are going.

Remember to bring enough or extra medicine on your trip. Drug stores where you travel may not have all the medicines you need. Also, if you are on a transplant list, let your health care team know where they can reach you at all times, so they can contact you if a kidney becomes available.

Medicare only pays for hospital or medical care you get in the U.S. and U.S. territories. Medicare does not pay for treatment in other countries or for treatment on board cruise ships. This does not mean you cannot travel outside the U.S., but you will need the money to pay for treatment. If you have other insurance, find out what it covers.



“For more information on facilities located where you will be traveling, visit the Internet site, www.medicare.gov and click on Dialysis Facility Compare.”

How to File a Complaint

Filing Options:

1. Talk to a member of your health care team

or

2. Call your ESRD network

or

3. Call your State Survey Agency

As you learn to live with kidney failure, you may have to deal with some problems along the way. In dealing with any problems that may come up, it is best if you and your health care team can talk in a calm way about what is happening and not let feelings build up.

If you have a problem with your dialysis treatments or transplant services that has not been resolved, you can file a complaint or grievance. There are two ways to do this. You can ask for a copy of the dialysis center's rules on how to file a complaint with them. Or you can file a complaint about the center through your ESRD Network or State survey agency.

Your ESRD Network

The ESRD Networks monitor quality of care for people on Medicare with kidney failure. The Networks can help you file a complaint if you have problems with your care. A list of ESRD Networks can be found on page 39.

Your State Survey Agency

The State survey agencies carry out dialysis center inspections for the Medicare program. These inspections make sure that your treatment center is clean and safe and that your center meets Medicare standards. A State survey agency investigates complaints and makes sure that the treatment center fixes problems. You have the right to contact your State survey agency if you wish to file a complaint about your treatment center. You do not have to give your name when you make a complaint. A list of State survey agencies can be found on pages 40-43.

Your Rights

As a person with kidney failure, you have certain rights and responsibilities. When you go to a treatment center, ask for a copy of your rights and responsibilities. This will help you know what to expect from your health care team and what they can expect from you. Your center may have a list like the following:

- I have the right to be told about my rights and responsibilities.
- I have the right to be treated with respect.
- I have the right to privacy. My medical records cannot be shared with anyone, unless I say so.
- I have the right to meet with my whole health care team to plan my treatment.
- I have the right to see the dietitian for help with food planning and the social worker for counseling.
- I have the right to be told about my health in a way that I understand.
- I have the right to be told about the treatment options open to me and to help choose my treatment method.
- I have the right to be told about any tests ordered for me and the test results.
- I have the right to be told about the services offered at the center.
- I have the right to be told about the process of dialysis and dialyzer re-use.
- I have the right to be told about any expenses that will be charged to me if they are not covered by insurance or Medicare.
- I have the right to be told about any financial help available to me.
- I have the right to accept or refuse any treatment or medicine my doctor orders for me.
- I have the right to be told about the rules at the treatment center (for example, rules for visitors, eating, personal conduct, etc.).
- I have the right to choose if I want to be part of any research studies.

Your Responsibilities

- I need to treat other patients and staff as I would like to be treated, with respect.
- I need to pay my bills on time. If this is hard for me, I can ask about making a payment plan.
- I need to tell my health care team if I refuse any treatment or medicine that my doctor has ordered for me.
- I need to tell my health care team if I do not understand my medical condition or treatment plan.
- I need to be on time for my treatments or when I see my doctor.
- I need to tell the staff at the center if I know that I am going to be late or miss a treatment or visit with my doctor.
- I need to tell my health care team if I have medical problems, am going to the dentist, am being treated by another doctor, or have recently been to the hospital.
- I need to follow the rules of the center.
- I need to get to and from the center for my treatments. I can talk with my social worker if I need help doing this. Medicare does not pay for transportation.

Summary

The people at Medicare wrote this guide to help you deal with the changes you face with kidney failure and to help you take care of yourself. Kidney failure may be part of your life, but it is not the only thing in your life. Many people with kidney failure enjoy full and happy lives. **Remember, you can live!**

Pages 39-47 of this booklet were intentionally left blank. They contain phone number information. For the most recent phone numbers, please visit the Helpful Contacts section of our website.



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